



# Caribbean Tofu & Creamy Coconut Sauce

with Pineapple Slaw & Leafy Rice

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

7



Basmati Rice



Firm Tofu



Pineapple Slices



Mild Caribbean  
Jerk Seasoning



Slaw Mix



Coconut Milk



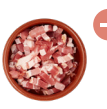
Vegetable Stock  
Powder



Baby Leaves



Chicken  
Breast



Diced  
Bacon

Prep in: 20-30 mins  
Ready in: 25-35 mins

Plant Based

Give tofu the 'Jamaican jerk' treatment and bring the flavours of the Caribbean to your table. For the quintessential experience, serve the seasoned tofu with leafy rice, pineapple slaw and an easy coconut sauce to drizzle over the top.

### Pantry items

Olive Oil, Plain Flour, White  
Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
firm tofu	½ packet	1 packet
pineapple slices	1 tin	2 tins
<b>plain flour*</b>	2 tsp	1 tbs
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
slaw mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2347kJ (561cal)	483kJ (99cal)
Protein (g)	20.5g	4.2g
Fat, total (g)	27.6g	5.7g
- saturated (g)	16.3g	3.4g
Carbohydrate (g)	86.7g	17.8g
- sugars (g)	20.6g	4.2g
Sodium (mg)	1263mg	259.9mg
Dietary Fibre (g)	4.8g	1g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the rice & get prepped

- Add the **water** to a medium saucepan and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and keep covered until **rice** is tender and all the water is absorbed, **10 minutes**.
- While rice is cooking, pat **firm tofu** dry with paper towel. Cut **firm tofu (see ingredients)** into 1cm chunks. Reserve **pineapple juice** (2 tbs for 2 people / ¼ cup for 4 people), then drain **pineapple slices**.
- In a medium bowl, combine the **plain flour**, **mild Caribbean jerk seasoning** and **tofu**. Season with **salt** and toss to coat. Set aside.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Toss the slaw

- While tofu is cooking, combine **slaw mix**, **pineapple**, **reserved pineapple juice** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste.
- Wipe out the frying pan and return to medium heat with a drizzle of **olive oil**. Add **coconut milk** and **vegetable stock powder** and simmer until thickened slightly, **2-3 minutes**. Season to taste.



## Cook the tofu

- Heat a large frying pan over high heat.
- Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Transfer to a plate, then roughly chop **pineapple**.
- Return pan to medium-high heat with a generous drizzle of **olive oil**.
- When the oil is hot, cook **tofu**, turning occasionally, until golden, **5-7 minutes**. Season to taste. Transfer to a plate and cover to keep warm.



## Finish & serve

- Stir **baby leaves** through rice.
- Divide leafy rice and pineapple slaw between bowls.
- Top with Caribbean tofu, then spoon over creamy coconut sauce. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



### CUSTOM OPTIONS

**+** **ADD CHICKEN BREAST**  
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

**+** **ADD DICED BACON**  
In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

